

SKIN CANCER

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
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Skin cancer is the most common of all cancers. Over 800,000 new cases are found each year in the United States. Skin cancer is often **curable** if caught early.

TYPES OF SKIN CANCER

There are 3 basic types of skin cancer:

- Basal Cell
- Squamous Cell
- Melanoma

Basal and Squamous Cell

Basal and Squamous Cell skin cancers are the most common types. They are usually curable when caught early and treated.

What does Basal and Squamous Cell Skin Cancer Look Like? They may look like a discolored bump or an area of patchy skin. They may be either light or dark colored. They may look like a skin sore that doesn't heal. They are usually found on the head or arms or where there was previous skin damage including burns and scars.

What causes these Cancers?

These types of cancers are mostly caused by unprotected exposure to sunlight. Fair-skinned people and/or those who have spent many hours in the direct sunlight are at the highest risk.

Some skin cancers can spread to other parts of the body if not detected early.

Malignant Melanoma

Melanoma is a very serious type of skin cancer. It is very common in people under the age of 40. **If not treated early it can be LIFE**

THREATENING because it spreads to other organs.

What does Melanoma look like? It often looks like a skin mole. Look for moles with the following signs:

- irregular shape
- color or shading variation
- edges are **not** smooth or even.

Any change in a mole anywhere on your body should be examined by a health care provider. SUBMIT AN HNR IMMEDIATELY.

Who is at risk for Melanoma? Everyone.

However, you are at special risk if:

- you have had more than one blistering sunburn as a child
- you have a relative that had a melanoma
- you have more than five large moles of more than 1/4 inch in size
- you were born with moles
- you have abnormal or unusual moles
- you are a pregnant women

HOW CAN I KEEP FROM GETTING SKIN CANCER? Use sunscreen (available in inmate stores) and wear protective clothing whenever you are outside (especially on cloudy days).

EARLY DETECTION IS THE KEY TO SUCCESSFUL TREATMENT. Check your body every month for skin changes or changes in moles.